

Tuesday 8 August 2023

Climate emergency and sustainability Thanks to everyone who contributed towards the development of our Climate and Sustainability Strategy earlier this year. This is now in draft and ahead of launch we are holding a series of workshops open to all staff to attend looking at our four key themes. The aim is to check our strategic direction and, even more importantly, to hear how it affects you and how certain aspects can be implemented. We'll be running some quiz questions in advance of these – you can share how much you know! Here's what we'll have to choose from. Save the dates and times along with the links below in your diary now. There's no need to register – the Teams links will open when the events are live:

- [Delivering net zero](#), with a focus on infrastructure, finance and procurement – 21 August from 11am-12noon
- [Greening health systems](#), with a focus on realistic medicine and virtual consultations – 22 August from 2-3pm
- [Greening places and communities](#), with a focus on increasing greenspace, biodiversity and adaptation – 24 August from 11am-12noon
- [Developing wider collaborations](#), with a focus on transport across the public sector (including travel infrastructure, active travel and patient transport) – 1 Sept from 11am-12noon

Foresterhill Health Campus – staff car parking survey At the time of writing 682 of you have already completed the survey – thank you! Please encourage your colleagues across Foresterhill to do the same. Many of you have used the free text box in the survey to provide some useful feedback, for which we are grateful. There are a couple of points we want to clarify:

- Some of you have suggested introducing car parking charges, to better manage the site. These are not permitted on any NHS Scotland site, so this is not an option.
- Some of you expressed concerns over the possible cost of car parking permits; please be reassured there will be NO charge for a permit.

Please make sure you read the information sheet issued with yesterday's brief before you complete the survey; [it's also available to read here if preferred](#) (intranet link, networked devices only).

Roadworks – Cornhill Road, Aberdeen A global email was sent earlier today detailing roadworks which will be taking place on Cornhill Road from Friday 11 August. Please note, on **14 & 15 August** the Aberdeen Maternity Gates will be **closed**. This will mean entry and exit to/from Aberdeen Maternity Hospital/Aberdeen Dental Institute (Argyle Dental Practice, Outreach Centre, Dental Education Centre, Argyle House, and the Dental School & Hospital) will be restricted to either via the Westburn Road entrance/exit or through the main hospital site via the Foresterhill Road entrance (access only). Delays for patients, visitors, and staff are likely and we apologise for any inconvenience. This programme of works has been arranged by Aberdeen City Council; we are in discussions with them to try and minimise the disruption.

Take part in CAMHS focus groups Our Child and Adolescent Mental Health Service (CAMHS) team is looking for people who are or have been supported by them to be involved in focus groups. The aim of these focus groups is to get views and suggestions from those with lived experience of using the service to improve the patient experience in the future. The team would like to share their ideas for change and get feedback. If you would like more information or know of anyone who would like to be involved, please email gram.camhs@nhs.scot for the attention of Siobhan Crawford.

Try Dry Aberdeen – a message from Aberdeen City ADP We are excited to launch Try Dry Aberdeen! The City Alcohol & Drugs Partnership have joined up with Alcohol Change UK to use their innovative Try Dry app. You may be familiar with it from popular initiatives such as Dry January; basically, it's a lifestyle app, a bit like counting your steps or sleep apps etc. It can help you record and increase alcohol free days and as a result sleep better, improve mood, save money and reduce calories. Great for your wellbeing, for work, for your family and friends. Not just available in January - available every day.

The app can be used in social prescribing and in lots of health and social care settings. Alcohol is associated with lots of health and wellbeing issues so the more alcohol-free days we can manage the better for us! There are also challenges and badges such as weddings, nights out, gigs, football matches etc - it just about trying! Our aim is to get as many Aberdonians signed up as possible and see how much money, how many calories and how many alcohol-free days we can clock up! Try Dry is available in both the App Store and on Google Play.

Scottish Health Awards – time is running out! The Scottish Health Awards recognise the best of the best across Scotland, with a total of sixteen categories. **Nominations close this Sunday (13 August).** More information on the categories, and how to nominate, [is available on the event website](#).

Tune of the day Today's request goes out to Hannah Gairn, a Community Mental Health Nurse based at the Timmermarket who is finishing up on maternity leave. Her colleagues in the service want to wish her all the best and say they're looking forward to meeting the new arrival. They've asked for Frankie Valli & The Four Seasons and [Bye Bye Baby \(Baby Goodbye\)](#) Anyone else today years old when they learned the Bay City Rollers version *wasn't* the original? (EP)

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot